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Health First Virtual Clinic Celebrates First Year
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Friends & Family CPR Training
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My name is Kathy. Visit HFstories.org to learn more about my journey.
Health First Honors the Memories of Patients Who Have Donated the Ultimate Gift – Life

H ealth First will honor the patients who have selflessly donated life-saving organs during special ceremonies in April. All four hospitals in our integrated delivery network will take part in the “Flags Across America” campaign, a way to commemorate the start of National Donate Life Month. The month, instituted by Donate Life America, recognizes and honors those who have selflessly saved the lives of others, while encouraging others to sign up for the national registry.

STRONG SUPPORTER

While Health First’s hospitals are not designated as transplant centers, the healthcare system is a strong supporter of organ donation and transplants, helping to facilitate the compassionate and swift care needed to help save lives at facilities that do provide these surgeries. Health First is committed to continuing its support of this initiative through associate education and community participation.

Pro Health & Fitness Merritt Island Members Strike Gold

T wo Pro Health & Fitness Center members from Merritt Island broke the record for their age groups during a recent weightlifting competition for seniors – and credit their trainer with helping them bring home their trophies.

Leona Semyk, 89, and Carol Miles, 85, competed in the Polk Senior Games on February 25. Both were vying for gold in the Powerlifting/Bench Press Competition category.

Participants funneled in from across the country, including Carol, who hails from Boston. Leona praised the personalized training she received from her exercise specialist at Pro Health & Fitness Center–Merritt Island.

"Manny Shaw was instrumental in helping us win the gold," said Leona, who says she’s been a fitness buff all her life. "He really prepared us for the event, and we’re so happy to show him that we took his advice seriously!"

STATE-OF-THE-ART MRI

T he Brevard Zoo had the initial CT scan performed at the Animal Emergency and Critical Care Center (AECC) of Brevard, who confirmed the turtle’s lungs were not punctured. Homelisc was prescribed antibiotics to help avoid infection, as well as re-creating fluids and vitamins. She began eating within her first week of rehabilitation. While she had some buoyancy issues for the first week, those quickly subsided. Soon, she was doing well in the water.

After months of recovery, Homelisc needed an MRI to ensure her spinal cord was healthy enough for her to be released back into the wild and survive on her own. Animal MRI machines are not big enough for sea turtles. Health First offers state-of-the-art 3D ultrasound technology, previously only used by humans. The radiology team at Health First has worked with the Brevard Zoo’s veterinarian team to allow the sea turtle to have the scans she needed.

"Animal MRI machines, like what they have at AECC, are not big enough for a sea turtle," Hill said. “They are used primarily for limbs, so the diameter is not large enough for sea turtles or even other Zoo animals.”

Health First Performs MRI On Sea Turtle

For First Time Ever, Health First Assists Brevard Zoo With MRI of Injured Sea Turtle

F or the first time ever, an injured sea turtle cared for by the Brevard Zoo received an MRI at Health First. A juvenile green sea turtle nicknamed “Homelisc” suffered severe boat propeller injuries last summer. She was found floating in the Mosquito Lagoon area of Canaveral National Seashore last August with wounds to her carapace and head. Brevard Zoo officials knew the injuries had been recently inflicted — and they had to act quickly to save her. Most turtles do not survive boat propeller injuries.

"Their lungs are often punctured and/or their vertebrae are broken, sometimes causing paralysis," said Andrea Hill, marketing and communications director at the Brevard Zoo. "We considered euthanizing this turtle because of the poor prognosis. But, because she was active and displayed no paralysis or breathing issues and the propeller strikes did not perforate her lungs or create an opening into her body cavity, we decided to give Homelisc a chance at recovery. This proved to be the best decision ever."

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SAVING LIVES EVERY DAY

This is where Health First was contacted to assist. The radiology team at Health First Gateway worked with the Brevard Zoo’s veterinarian team, allowing Homelisc to have the scans she needed for an all-clear.

“We were thrilled to utilize our technology and expertise to assist the Brevard Zoo with this unique opportunity,” said Health First Radiologist Myron Taylor. “We save lives every day here at Health First, but I believe it is safe to say this is our first time saving a sea turtle.”

SEA TURTLE PRESERVATION

The MRI showed Homelisc needed some more healing before release. The best outcome, according to the Brevard Zoo is for release so she can lay eggs and add to the sea turtle population. They’re listed as endangered by the International Union for Conservation of Nature and Natural Resources.

“Our community is passionate about sea turtle preservation,” said Jo Powell, vice president of operations for Health First Medical Group. “We were honored to help in this unique and special situation."
Health First on a Mission to Help Us ‘Get Active! Brevard’

N ow’s the perfect time for a refresher in keeping yourself and your family healthy – especially as summer nears. That’s why Health First is hosting a fun day of fitness and wellness activities with Get Active! Brevard on Saturday, May 6.

The community get-together begins with the Get Active! Brevard 5K at 7 a.m. at Health First’s Viera Hospital located at 8745 N. Wickham Road. The event will also feature the finale and weigh-in for the Mayors’ Fitness Challenge. All of the day’s activities will be held at the Viera Hospital campus site.

This Get Active! Brevard event is part of Health First’s year-round series designed to teach people about the importance of exercise and nutrition. Improving the health and wellness of the community is among the hallmarks of the integrated delivery network’s two decades in Brevard.

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Weight-Loss Contest, 5K and Life-Saving Training Encourage Brevard Community to Embrace All-Around Wellness

April/May 2017

HEALTH FIRST IS HOSTING a fun day of fitness and wellness activities with Get Active! Brevard on Saturday, May 6. This event will also feature “Friends & Family” CPR Training, as well as another new, important offering – “Stop the Bleed” training.

CPR TRAINING

The focus on physical well-being doesn’t stop there. This event will also feature “Friends & Family” CPR Training, as well as another new, important offering – “Stop the Bleed” training, which teaches civilians basic bleeding-control techniques, using tourniquets and pressure. Dave Schmitt, supervisor and lead instructor of the Health First Training Center, said the training could save lives when first responders are still en route to a trauma scene.

“This event is helping to make our community a safer place to live, play and work,” Schmitt said.

For more information, please visit myHFHC.com/GetActive

IMPROVING THE HEALTH AND WELLNESS of the entire community is among the hallmarks of the Health First Integrated Delivery Network’s two decades in Brevard.
Health First
Virtual Clinic Celebrates First Year
Service Harnesses Technology To Deliver Convenient Medical Care of Minor Medical Issues

In the past year, 213 patients have been treated by Health First providers – without having to set foot in a care clinic.

Health First Virtual Clinic, also known as TeleHealth, recently marked its one-year anniversary of providing patients an alternative to hopping in the car and driving to a doctor’s office. With this virtual service, people feeling under the weather can get the quick health assessment they need – and they don’t even have to get out of their pajamas.

“It’s a clinic in ‘The Cloud,’” said Dr. Michael Shapiro, medical director for Health First Now Urgent Care. Virtual Clinic harnesses the power of technology so patients can be “seen” by a doctor with a Web-based video conference service, similar to Skype or FaceTime. Patients get a face-to-face visit with an urgent care physician through their computers, tablets and smartphones. Health First launched the service to encourage patients to take care of their health with convenience in mind.

“Sometimes, patients may find that it is extremely difficult to get in to see the doctor,” Shapiro said. “They may be busy at work, busy with kids, have transportation problems or are traveling out of town. It’s another extension of urgent care.”

Physicians and nurse practitioners are available from 8 a.m. to 8 p.m. on weekdays and 8 a.m. to 6 p.m. on weekends. Appointments are typically available within an hour.

Conditions Suitable For TeleHealth

Allergies • Asthma
Bronchitis • Cold and Flu
Constipation • Diarrhea
Ear Infection • Fever
Pink Eye • Insect Bites
Joint Aches • Nausea
Rashes • Sinus Infections
Sore Throat
Urinary Tract Infection

Prescriptions are sent electronically to the patient’s pharmacy of choice, and diagnostics such as blood and urine tests, if necessary, can be scheduled electronically, too. Should additional treatment be needed, the physician will recommend follow-up with the patient’s primary care doctor.

While this benefit won’t eliminate all visits to traditional medical offices, it can serve as a convenient alternative for some medical issues, such as minor respiratory infections, rashes, pink eye and urinary tract infections.

Electronic Prescriptions

To access the service, a patient should log in at HFnow.org to register for a same-day consultation, choosing a time for a callback. A coordinator will verify the patient’s identity, confirms eligibility, process payment information, and update medication and allergy information. Prescriptions are sent electronically to the patient’s pharmacy of choice, and diagnostics such as blood and urine tests, if necessary, can be scheduled electronically, too. Should additional treatment be needed, the physician will recommend follow-up with the patient’s primary care doctor.

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Seamless Service

Also important to note: while some hospital systems contract with major national telemedicine providers, Health First developed its own in-house service to make the service as seamless as possible.

“We have access to all of our patients’ records and can do a better job of coordinating follow-up care,” Shapiro explained of cutting out a middleman. It’s just another example of Health First leading the way in what is expected to become an important tool in delivering medical services. Shapiro noted that in 2013, there were 350,000 telemedicine consultations in the U.S. “That figure is expected to go up to seven million by 2018,” Shapiro said. “It’s a huge trend.”

For more information, go to HFnow.org

During the month of February, thousands of Health First associates participated in the associate Month of Giving.

■ More than $575,559 was raised as of March 7 ($422,114 for Health First Foundation and $154,445 for United Way)
■ We achieved more than 40 percent associate participation
■ A total of 113 departments reached 80 percent or more participation, winning a pizza party

We are grateful for your extraordinary contributions to Health First. You have shown that the power of many begins with the power of one – and you are that one.

THANK YOU

Unable to make it to the doctor? Bring our care to you with Health First Virtual Clinic

$49 Virtual Clinic Special

1. Give your consent for a Virtual Clinic professional to call you
2. Schedule an available call back time
3. Consult with a Health First Medical Group physician over the phone or through video conferencing

Visit HFnow.org to schedule an appointment
Health First's Training Center in Melbourne, teaches students how to apply a tourniquet during a recent Stop the Bleed class. Health First has made Stop the Bleed, a nationwide bleeding-control campaign, a local priority. The classes are taught regularly at Health First's Training Center in Melbourne.

Jake Moore has wanted to help people since he was a kid. With a career in law enforcement on the horizon and dreams of eventually becoming a Marine, taking Health First's free class on bleeding-control basics just made sense to him.

But the 22-year-old never expected he'd utilize those “Stop the Bleed” skills just two months later – especially for himself. The Palm Bay man was accidentally shot while hunting with friends November 23, 2016. Moore was able to quickly apply a tourniquet to control bleeding from his left leg, just minutes after being wounded.

“It probably saved my life,” Moore said of the training and medical device. Moore was one of the first civilians enrolled in the course that launched September 8, 2016, at Health First’s Training Center in Melbourne. It is at no cost to the public. The newlyweds used the Stop the Bleed knowledge and complementary tourniquet gifted to class participants.

“If I hadn’t had the tourniquet, a whole array of things could have happened,” said Moore. “It could’ve been much, much worse. Having a tourniquet on hand and knowing how to use it was drastically life changing.”

Health First has made Stop the Bleed, a nationwide bleeding-control campaign, a local priority. The class, taught regularly at Health First’s Training Center in Melbourne, teaches civilians basic but important bleeding-control skills, focusing on tourniquet use and pressure application. That’s critical, given that trauma is the No. 1 cause of death for Americans ages 1 to 46, said Rob Spivey, a program trainer and the trauma program manager at Holmes Regional Medical Center.

“It takes just about three minutes for someone to bleed to death if it’s true arterial bleeding,” Spivey said. “Sometimes, it takes three to five minutes for professional help to get there. So think about that time frame.”

CLASSES FUNDED BY HEALTH FIRST FOUNDATION

More than 2,000 people in Brevard have taken the training, including police and fire officials. These lessons, as well as the tourniquets, are funded by gifts to the Health First Foundation.

“These are inspired to enroll in the training, including police and fire officials. These lessons, as well as the tourniquets, are funded by gifts to the Health First Foundation. Some of these injuries, you don’t have the time to wait for a first responder,” said David Schmitt, Health First’s Training Center manager, during a recent class.

“We have to be prepared to help ourselves.”

Moore keeps the tourniquet he used on himself in November as a reminder. (He also has a new, unused one at the ready should he need it.) He hopes others hear his story and are inspired to enroll in the training.

“Definitely take it,” he urged. “If you’re not going to help yourself, you can help somebody else.”

For more information, please visit HFheart.org.

Cancer Changed Dr. Germaine Blaine’s Life

Dr. Germaine Blaine’s Childhood Experience Inspired Her to Become a Medical Oncologist, Helping Others to Navigate Disease’s Devastating Blow

Dr. Germaine Blaine has wanted to help others since she was a kid. With a career in law enforcement on the horizon and dreams of eventually becoming a Marine, taking Health First’s free class on bleeding-control basics just made sense to him.

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RSVP to attend one of our seminars and discover how to achieve a healthier and happier life.

At Health First, we’re helping you discover the most effective ways to improve your lifestyle for lifelong health through FREE seminars led by physicians and healthcare professionals. Covering a variety of topics, each session will equip you with the confidence and knowledge you need to take hold of your lifestyle and health.

Seating is limited. Reserve yours today!

Call 1.855.892.9003 or visit HFevents.org for more information or to RSVP.

Live Your Healthiest Life - Healthy Living Seminars were designed by the healthcare experts at Health First to give you the tools and information you need to make informed, educated decisions about your health. All Healthy Living Seminars are FREE and will cover a variety of health-related topics. For information on upcoming seminars, call 1.855.892.9003